

## In This Issue

- Exercise of the Month
- Eat This, Not That
- The Fitness Guru Says
- Strawberries: The Fruit of Love
- Juvenile Arthritis Awareness Month

## Contact Us

### DelaWELL

<http://www.delawell.delaware.gov>  
1-800-556-6106

[Employee.wellness@state.de.us](mailto:Employee.wellness@state.de.us)

### StayWell

<https://delaware.online.staywell.com>  
1-800-926-5455

## StayWell Healthy Recipes Strawberry Cheesecake

### Ingredients:

- 6 graham crackers (2-1/2-inch square)
- Cooking spray
- 2 8-ounce packages fat-free cream cheese, softened 1/2 cup sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 pint strawberries, hulled and halved
- 3 tablespoons seedless raspberry jam
- 1 tablespoon water

### Instructions:

Preheat oven to 350 degrees. Crush graham crackers. Spread evenly over bottom of lightly sprayed 8- or 9-inch pie pan. Beat cream cheese with sugar and vanilla until well blended, about five minutes. Add eggs and blend. Bake for 30 to 35 minutes, or until center is almost set. Cool, then refrigerate overnight.

Melt raspberry jam with water in microwave or on top of stove. Cut wedges and put on serving plates. Arrange strawberries over wedges and drizzle melted jam over each piece.

### Serves Eight

Per Serving: 186 Calories; 28g carbohydrate; 10g protein; 2g fat; 1g fiber; 451mg sodium



## Exercise of the Month: Side Lying Hip Adduction

Adductors serve to stabilize the hip joint and enable the movement of the leg in towards the centerline of the body. This exercise will help you look fantastic in those stylish summer shorts!

### Step 1

**Starting Position:** Lie on your side on a mat/floor with your legs extended, feet together in neutral position pointing away from your body (at 90 degrees to your shinbone). Keep your lower arm bent and positioned under your head for support while the upper arm rests upon your upper hip. Your hips and shoulder should be aligned vertically to the floor. Your head should be aligned with your spine. Slowly flex (move forward) your lower leg until it lies in front of your upper leg. Rest both feet on the floor and keep both legs extended with feet in neutral position.

### Step 2

**Upward Phase:** Exhale and gently raise the lower leg off the floor while keeping the knee extended and the foot in a neutral position. The hips should remain vertical to the floor (knee of the raised leg should not rotate upward towards the ceiling or downward towards the floor). Continue raising the leg until your hips begin to tilt sideways or until your feel tension develop in your low back or oblique muscles.

### Step 3


**Downward Phase:** Gently inhale and slowly return the raised leg to your starting position in a controlled manner. After completing your set, roll over and repeat with the opposite leg.



Resource: <http://www.acefitness.org/exerciseflibrary/exercisedetail.aspx?exerciseid=39>



## UV Safety Month

One area of the body that sunscreen cannot protect is the eyes. Prolonged exposure to UV rays can cause "sunburn" to the eye, also known as photokeratitis. The painful condition may result in temporary loss of vision for 1-2 days. Wear protective eyewear to limit your eyes to UV ray exposure. Always read labels carefully and look for labels that clearly state the sunglasses block 99 to 100% of UV-A and UV-B rays. 

### Would You Believe?

- It is estimated that the human brain produces 70,000 thoughts on an average day.
- 750-1000ml of blood flow through the brain every minute or about 3 full soda cans.
- Albert Einstein's brain weighed 1,230g (2.71 lbs), significantly less than the human average of 1,300g-1,400g (3 lbs).

### Upcoming Events:

Register today on the DelaWELL website to attend:

- **FREE** information sessions on "Brain Health 101." The sessions will run from August 3-7, 2009 and are available in all three counties.
- **2009 Summer Blood Challenge!** May 26<sup>th</sup>-September 5<sup>th</sup>. Become a member of the Blood Bank of Delmarva by signing up at work or calling 1-888-8-BLOOD-8. Enrollment forms available in your HR Dept.

*Save lives and win prizes.*  
[www.delmarvablood.org](http://www.delmarvablood.org)

### Visit Your Doctor and Find Out Your Healthy Heart Numbers\*

Beginning **September 15<sup>th</sup>**-employees will be able to complete their online or paper-based Health Risk Assessment (HRA).

Be sure to know your numbers ahead of time (including your height and weight), so you can enter them in your HRA and receive **FREE** personalized health tools and resources to help you reach your goals!

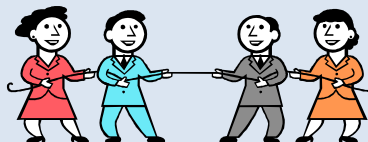
\*Please check with your health plan regarding coverage for the doctor visit and testing as specific guidelines and limitations apply.

## Eat This, Not That



It's summertime and we've switched over to lighter meals for dinner! A Pecan Crusted Chicken Salad from T.G.I. Friday's seems like a great choice. After all, the salads there are *gi-normous* and salads are good for you, right? Not always! On your next visit to T.G.I. Friday's eat a House Salad with Bacon, not the Pecan Crusted Chicken Salad!

Contrary to popular belief, you can wreak just as much havoc on your waistline from T.G.I. Friday's colossal salads as you can from their gargantuan burgers. The Pecan Crusted Salad teeters in at 1,360 calories! That's about 27 Weight Watchers® points or the equivalent of more than a half-dozen Krispy Kreme Original Glazed Doughnuts! **YIKES!** The House Salad, even with the bacon, comes in around 280 calories! Your jeans will thank you for the tug-o-war that you've saved them from!



E-mail the fitness guru with your question at [employee.wellness@state.de.us](mailto:employee.wellness@state.de.us) for a possible posting in next month's issue.



## The Fitness Guru Says...

### Question of the Month: What's the secret to looking cut?

Dear Employee,

Everybody seems to have a secret... the movie stars we try to emulate, the personal trainers that train them, and yes, even Victoria has a secret. My momma always told me it is not nice to keep secrets, so I'm going to do her proud by spilling the beans on this one.

Many individuals are puzzled over the relationship between muscle strength, muscle size, and muscle tone or definition. The secret to looking cut is that there is really no secret at all! Physiologically, there is no difference between toning and strengthening a muscle. As muscle strength improves, muscle tone improves due to a greater density or thickness of the muscle fibers. *What's the good news?* Well, hold your horses and I'll tell you. Everyone has the ability to increase muscle strength and muscle tone to some degree. Taking part in a balanced exercise program (regular aerobic exercise, such as walking, using an elliptical trainer, or cycling and strength training in which you use some form of resistance like free weights or exercise bands) and eating sensibly is the best approach to achieving a well-toned, firm body.

To get the "buffed" look, you must develop reasonably significant levels of muscle mass (achieved via strength training) while simultaneously reducing the amount of fat under the skin (achieved via aerobic exercise). When this effect is achieved, the well-developed muscles can be seen under the skin. In fact, many of us have washboard abdominal regions, but for most of us a layer of body fat covers our six packs.

Just remember, relatively few adults (male or female) possess the genetic potential to develop large muscles or the cut physique of the models seen in many of the popular fitness magazines. You can use their pictures to motivate you, but aim for a look and a body that suits your health and genetic makeup.

So, you may want to rethink your goal if you desire to look like Arnold Schwarzenegger. As always, thank you for the question. See you next month... *I'll be back!* (Sorry, I couldn't resist)

**Stay Fit!**  
**F.G. (a.k.a. Fitness Guru)**

**Legislative Mall Farmers' Market**  
Every Wednesday starting  
July 1<sup>st</sup> through September 2<sup>nd</sup>  
11:00am to 2:00pm



Get Heart Healthy!



**Offering Employee Assistance Programs**  
Human Management Services 1-800-343-2186  
[www.hmsincorp.com](http://www.hmsincorp.com)

1. Click "For the Employee"
2. Enter your Username: Delaware
3. Then enter your Password: Statehms04

**National Youth Sports Week**  
July 20<sup>th</sup> – July 24<sup>th</sup>

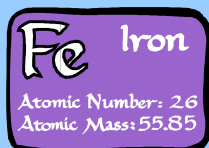


*What lies behind us and what lies before us are  
tiny matters to what lies within us.*

**-Walt Emerson**



**Hemochromatosis Awareness Month**



[www.irondisorders.org](http://www.irondisorders.org)

## Strawberries: The Fruit of Love



Strawberries are a summertime favorite. Scarlet red, dotted with about 200 tiny seeds and wearing a little green cap makes strawberries one of the most attractive summer fruits. Did you know that strawberries aren't really a fruit? They are actually enlarged receptacles of the fragrant strawberry flower and are commonly referred to as a "secondary fruit". One cup of fresh strawberries contains 49 calories, with 0g total fat, saturated fat, cholesterol and sodium. Strawberries are a good source of Vitamin C and Potassium.



In France, strawberries are believed to be a potent aphrodisiac! Newlyweds were served strawberry soup made from thinned sour cream, strawberries, borage (tastes of cucumber), and powdered sugar. With that in mind, if you happen to come upon a double strawberry this summer, break it in half and share it with your sweetie! Watch out for Cupid, because legend has it you'll soon fall madly in love with each other!



## Juvenile Arthritis Awareness Month

According to Mayo Clinic, when joint inflammation lasting for at least six weeks occurs in children age 16 or younger, it is called Juvenile Rheumatoid Arthritis. JRA usually is a lifelong condition. For some, symptoms gradually lessen or disappear as they enter adulthood. There are approximately 285,000 children in the United States that have some form of this autoimmune disease. The main categories of JRA are:

- \* **Pauciarticular JRA**- This affects four or fewer joints-typically larger joints, such as the knees. This is the most common form of JRA.
- \* **Polyarticular JRA**-This affects five or more joints-typically small joints such as those in the hands and feet.
- \* **Systemic JRA**-This is the least common form of JRA. Many areas of the body are affected including joints and internal organs.

If your child suffers from or shows symptoms of JRA, seek medical treatment that focuses on preserving physical activity to maintain full joint movement and strength, preventing damage and controlling pain.

